

5 a Day-Power Play!

News



Tap Into Your Child's Hydration

Water. It is essential for life. Most of the earth is made up of water. We need water to grow fruits and vegetables, animals need water to survive, and adults and kids need water to stay healthy and grow. Like the earth, a person's body is made mostly of water, 50 to 70% of our body weight to be exact. Losing some of this water every day is a normal function of your body.

There are several ways a person can lose their body's water; healthy people can lose it by sweating and normal bathroom breaks. A sick person can lose their body's water from diarrhea, fever, or vomit. People can also lose their body's water when they cry.

If kids lose too much of their body's

water they can become dehydrated. Dehydration affects kids before they even realize they are thirsty, and it can make them confused, sleepy, grouchy, or weak. Kids need to be encouraged to drink water before they become thirsty to prevent dehydration. Their water needs are more critical because their bodies contain more water compared to adults. Dehydration is also more serious in kids because it affects their growth and development. The recommended amount of water that adults need every day is about 64 ounces. Kids need about the same amount as adults, or even more based on their age and weight; ask your pediatrician how much water your child should drink every day to stay hydrated.

(Source: Donna D'Alessandro, M.D. & Lindsay Huth, B.A.)

Dehydration and Sports

Sports are a great way to keep kids active, but also may put them at risk for becoming dehydrated. Losing even a small amount of their body's water impairs performance and leads to low levels of energy. Most children don't need fancy sports drinks, which are designed for adults who are very active for long periods of time. All they need is plain water. But how much is enough? Kids need about 8 ounces every 15 to 20 minutes to prevent dehydration if they are doing intense physical activity. Water is the best for staying hydrated since juice and sports drinks contain sugar. Offer your child

water, but if you do provide other liquid once in a while, juice and sports drinks are better if they are watered-down.

Provide your kids access to water. Give them their own personal water bottle, and encourage them to drink from it throughout the day, especially when they are physically active.

(Source: *Perspective in Nutrition* by Wardlaw Insel)

Remember, children and adults need at least 5 servings of fruits and vegetables & 60 minutes of physical activity everyday for better health!

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Did you know that...?

- It is possible to become overhydrated
- Dehydration affects kids before they realize they are thirsty
- Riding in an airplane can easily cause dehydration

Be a role model for your kids. Eat healthfully, be active every day, and establish healthy water drinking habits!

For more information about the **5 a Day-Power Play! Campaign**,

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Or visit our website at
www.sbcounty.gov/eatwell